



BA SEM-5 HOME SCIENCE METHODS OF COOKING

By Sunaina Gupta (Assistant Prof. Home
Science RR Bawa DAV college for girls Batala)



INTRODUCTION TO COOKING METHODS

Definition of Cooking

Importance of Cooking Methods

Factors Influencing Choice of Method



CLASSIFICATION OF COOKING METHODS

- Moist Heat Methods
- Dry Heat Methods
- Modern Cooking Methods



MOIST HEAT METHODS

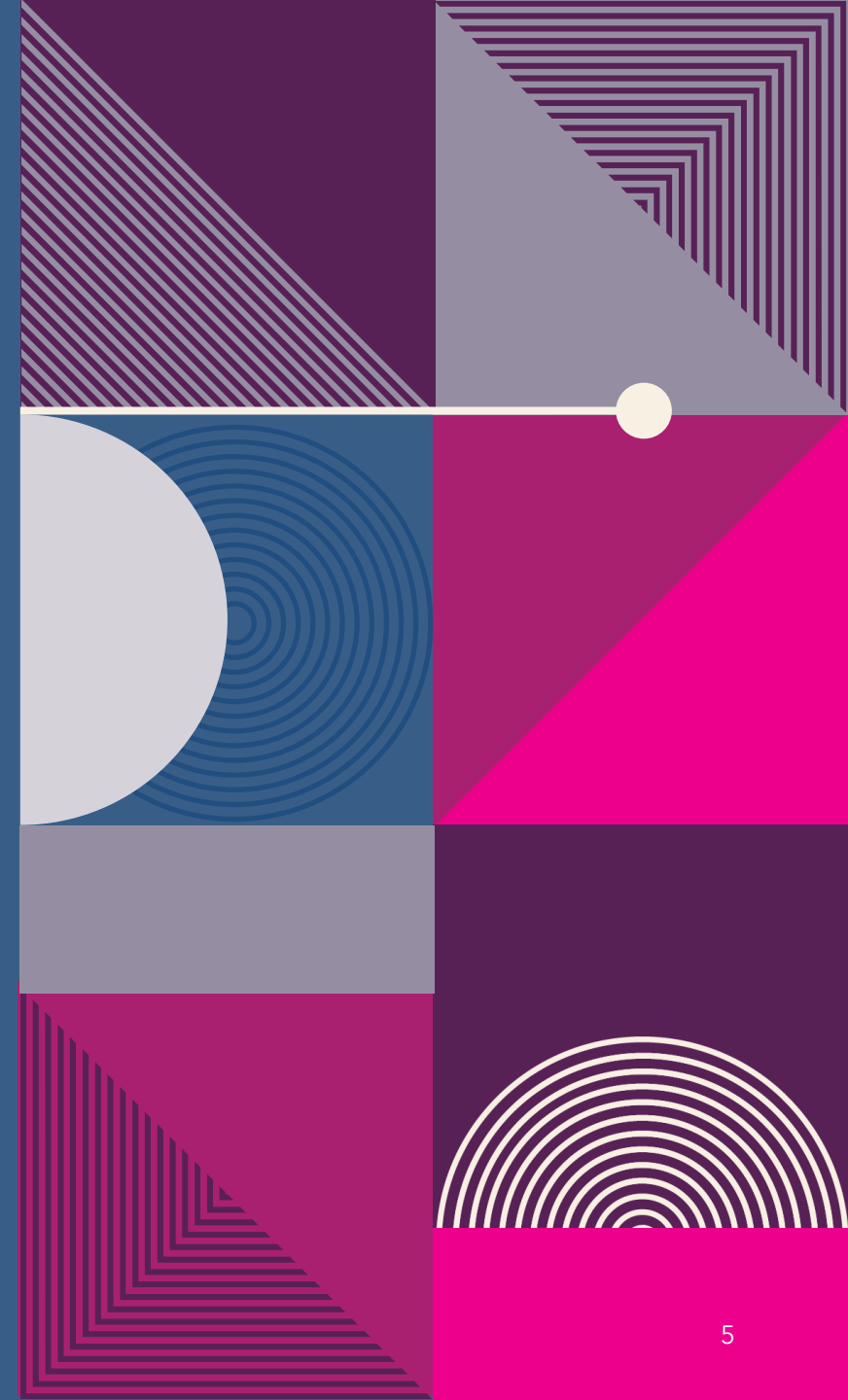
Overview of Moist Heat Methods

Heat conduction via water or steam

Examples: Boiling, Poaching, Steaming

BOILING

- Definition: Cooking food in boiling liquid
- Purpose: Enhance taste, texture, and digestibility
- Methods: Simmering, Starting with Cold Liquid





ADVANTAGES AND DISADVANTAGES OF BOILING

Advantages: Economical, nutritious stock, suitable for large-scale cooking

Disadvantages: Loss of nutrients, lack of flavor development



STEAMING

- Definition: Cooking food with steam
- Types: Atmospheric and High-Pressure Steaming
- Advantages: Retains nutrients, minimal texture change

STEWING

- Definition: Slow cooking with minimal liquid
- Types: White Blanquette, Fricassée, Brown Ragoût
- Advantages: Retains flavor and nutrients



BRAISING

- Definition: Combination of stewing and roasting
- Methods: Brown Braising, White Braising
- Purpose: Tenderizes food, enhances flavor

DRY HEAT METHODS

- Overview of Dry Heat Cooking
- Heat conduction without moisture
- Examples: Baking, Roasting, Grilling



BAKING

- Definition: Cooking food by dry heat in an oven
- Purpose: Enhance texture, create variety
- Principles: Pre-heating, even placement

ROASTING

- Definition: Cooking food over radiant heat
- Types: Oven Roasting, Spit Roasting, Tandoori Cooking

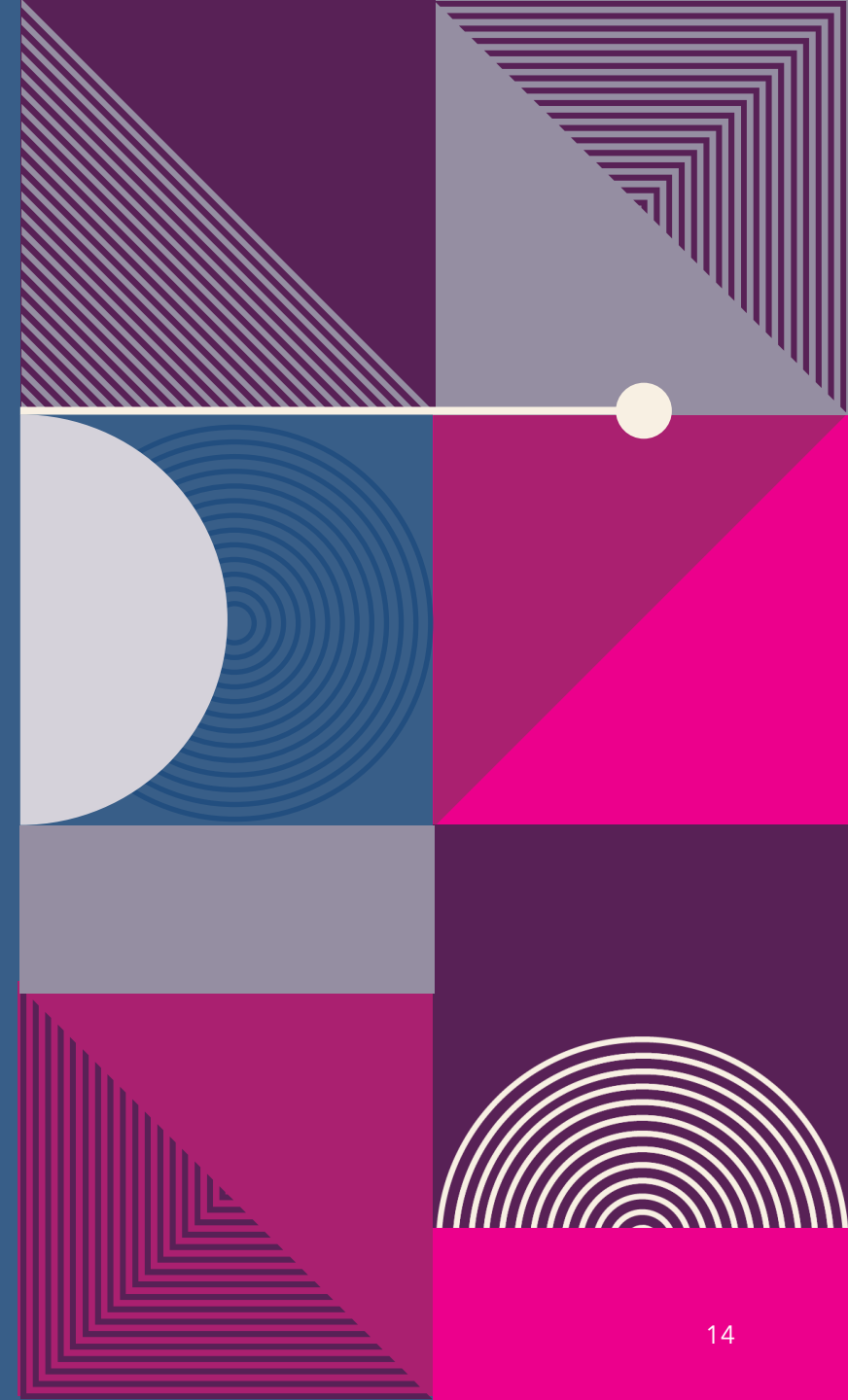


GRILLING

- Definition: Cooking food by radiant heat
- Types: Over Heat, Under Heat, Barbecuing
- Advantages: Fast, distinct flavor

FRYING

- Types: Shallow Frying, Deep Frying
- Principles: Pre-heating, even cooking





MODERN METHODS OF COOKING

- Paper Bag (En Papillote)
- Microwave Cooking
- Infrared Cooking



PAPER BAG COOKING (EN PAPILLOTE)

- Definition: Cooking food sealed in oiled paper/foil
- Advantages: Retains flavor, minimal nutrient loss

MICROWAVE COOKING

- Definition: Cooking with microwave radiation
- Applications: Heating, thawing, primary cooking
- Tips: Timing, turning items for even cooking



INFRARED COOKING

- Definition: Cooking with infrared radiation
- Applications: Grilling, toasting
- Advantages: Efficient, fast



CONCLUSION

- Summary of Cooking Methods
- Importance of Choosing Appropriate Methods



THANK YOU

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Bawa DAV college for girls Batala)